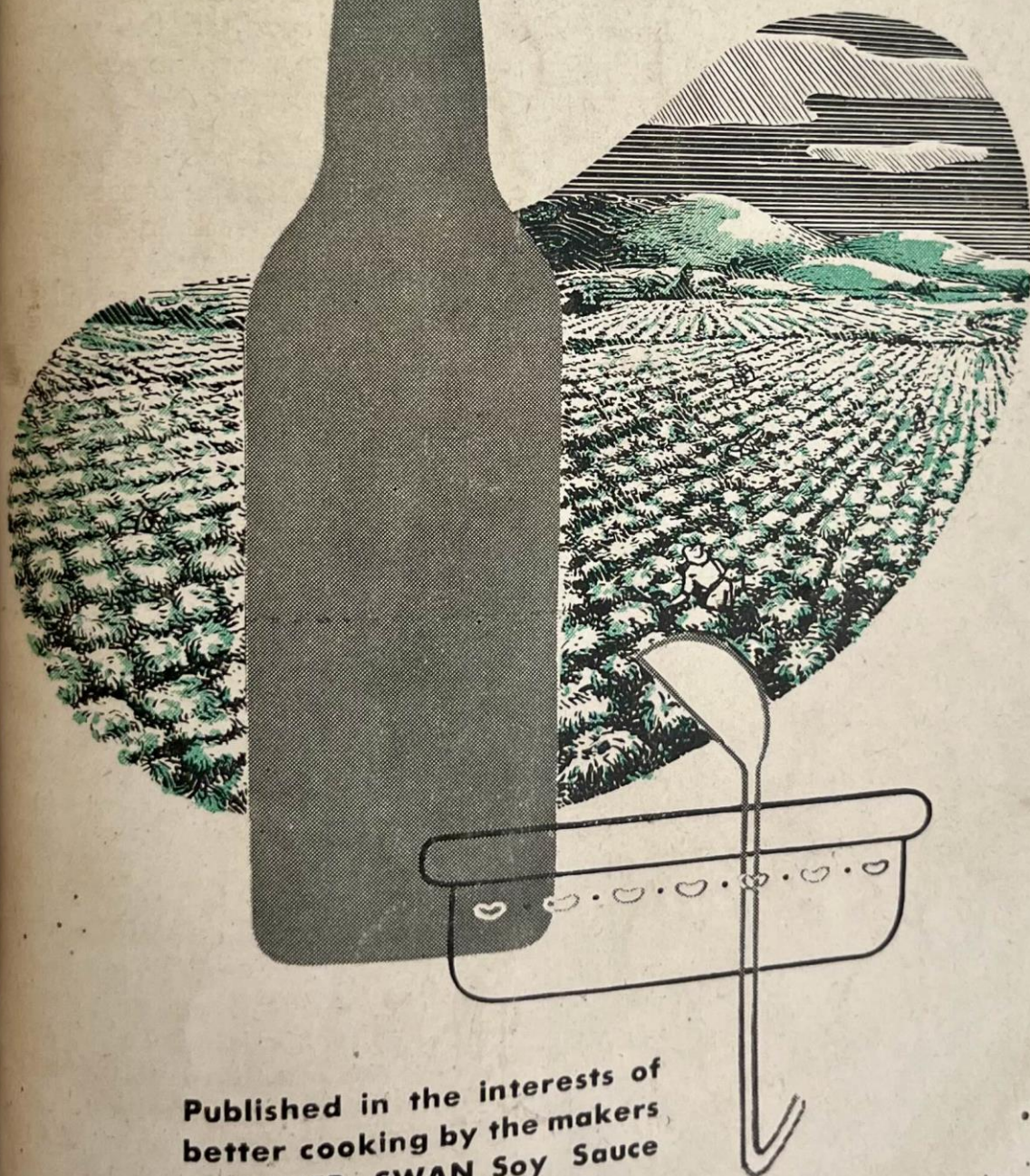


The SAGA OF SOY SAUCE



Published in the interests of
better cooking by the makers
of SILVER SWAN Soy Sauce

The Saga of Soy Sauce

A good housewife's main concern upon arising every morning—according to a Chinese version of what would now be called a handbook on home management—is the provision of the seven items of daily necessity. These, continues that same handbook, are: rice, firewood, soy sauce, viands, cooking oil, vinegar and tea.

Sauce made from soybeans stood high on her shopping list, and for many centuries the Chinese have excelled in compounding this basic cooking and table sauce.

Emperor Wei, who lived about 600 A.D., first described the making of salted soybeans in a book entitled "The Importance of Feeding People." A contemporary book, "Secrets of Culinary Arts", further described the process of compounding soy sauce from the salted beans by means of natural fermentation.



A golden-brown liquid, soy sauce is a characteristically Oriental food seasoning held in highest favor and used in almost all Chinese and Japanese cooking. The Chinese discovered early that soy sauce is excellent for culinary and table use with meats, fish, fowls, soups and vegetables. It may well be noted here that soy sauce is also the chief "character" ingredient of sauces of the Worcestershire type, preferred by the Western world. A good grade of Worcestershire sauce contains as much as 30% soy sauce.

Soy sauce prepared in the traditional way gratified the Chinese palate, but the process was not scientifically controlled nor standardized. Each compounder simply produced out of his own knowledge, skill and experience—patiently acquired thru perhaps many years of apprenticeship—a sauce with a distinctive flavor, body and bouquet.

It is no romantic fallacy to assert that this is one industry where there is a discernible affinity between the character of the product and the character of the man or men who make it. There is the persistent belief among the old-time compounders that really good soy sauce is made not with the head and hands alone, but necessarily with the heart also.

The compounding of soy sauce is so "sensitive" to environment at every phase of process that compounders are almost superstitious in their adherence to the traditional quirks of manufacture and handling.

Though science has long supplemented art in the making of soy sauce, it remains a highly intimate and prideful occupation, in China, at least.

Let's take a closer look at the raw materials, the processes and the product.

RAW MATERIALS

Fermented soybeans give a really good Chinese soy sauce its distinctive flavor and typically exotic tang.

Naturally fermented soybeans, although of varying quality measured by the absolute standards of chemical analysis, possess a distinctive flavor, texture and bouquet.

The process of natural fermentation and final aging in mellowing vats, makes soy sauce much more than a simple mixture. Real soy sauce is a built-up food.

The early history of the soybean, basic ingredient of the true Chinese soy sauce, is lost in obscurity. The Chinese legendary version is that, when Hou Tsi, one of the gods of agriculture, wished to give his people a superior food, he planted soybeans.

The first written record of the soybean is contained in a *materia medica* describing the plants of China, written by Emperor Sheng Nung in 2838 B.C.

The soybean crop is repeatedly mentioned in later records. It was considered the most important cultivated legume—one of the five sacred grains essential to the continued existence of Chinese civilization, extolled by the poets and sown with the blessings of the emperors.

Many myths in Chinese folklore deal with the origin of the so-important little bean. These myths have lived thru the ages, adding to the soybean a touch of mystery and romance.

Beyond mystery and above romance, one fact is generally recognized and accepted—the Chinese have continued to live and have survived as a people thru many centuries, on

an apparently substantial and economical diet, the principal protein content of which is derived from soybeans.

MANUFACTURING PROCESS

The manufacture of soy sauce is a "continuous process" operation with raw materials going in at one end of the plant, flowing thru a number of processes and appearing at the shipping room as a finished product.

For many hundreds of years, this ancient seasoning was made thru a rudimentary process depending largely on the skill and experience of the compounder.

First, the soybeans are soaked and then steam-cooked. When the beans are partially dry, the compounder mixes them with crushed and roasted wheat. The mass is then inoculated with proteolytic enzymes.

After the period of incubation, the mixture is placed in a salt solution and allowed to react in large earthenware jars exposed to direct sunlight. The fermentation period is allowed to last for months, with the salt concentration being maintained at the same level thruout the period.

The soy sauce is pressed out at the end of the period. It is then heated and filtered.

As may be noted in this, the traditional way of making soy sauce, there are such variables as the efficiency of protein extraction and the number of sunny days during which to expose the reaction mass. Unless the compounder is a highly skilled one blessed with extraordinary good luck provided by months of continuous sunshine, the protein count in the naturally fermented product varies widely. This variance results in the waste of a good part of the essence of good soy sauce—its high protein content.

Modern soy sauce manufacturers everywhere point with pride to their fermentation plant and explain how the apparatus therein eliminates the expense and variables involved in the traditional process of natural fermentation.

Certain phases of the traditional way of making soy sauce are indispensable. No amount of imposing gadgetry can ever com-



pletely take over the instinct and the traditional skills inherited from centuries of master compounding, nor of the secrets of the craft handed down from father to first-born son.

Certain improvements principally in temperature-control gear, have been incorporated in a blend of the traditional and modern ways such as is used in the Grace Park factory of Silver Swan Soy Sauce.

This blend of methods, called "Controlled Fermentation", consists of a happy incorporation of certain phases of the processes in both methods.

Thus, at the Silver Swan plant, the soy-beans are first mashed in large, hygienically cleaned cement tanks. Here too, the beans are softened by over-night soaking.

The soaked beans are then steam-cooked in high-pressure, steam-jacketted kettles at a maintained temperature. The beans are drained and partially dried while still in the pressure cookers to prevent contamination.

The steam-cooked beans are mixed with wheat flour and the mass is inoculated with a pure culture of yeast. The inoculated mass is then laid in trays in layers of about 3 inches deep.

The trays are then stacked in the incubation room where air is allowed to circulate freely and the temperature is maintained evenly, never allowing it to go above 40°C (104°F). During the incubation period, the mass is turned at least twice a day to break up lumps.

As soon as a thin white surface growth of molds appears and turns to yellow, the material is started on saline or brine fermentation. Natural fermentation, as in the traditional Chinese way, is allowed to go on over a length of time to bring out the best quality of sauce. Aeration or stirring periodically assists in developing good flavor.

But, and here is where the difference lies, superior control apparatus and gauges keep a finger, as it were, on the pulse of the reacting mass. Skilled technicians read the story that these gauges and apparatus tell, and act competently to maintain the proper temperatures and the right amount of humidity. Sup-

erior modern apparatus help the skilled compounder maintain the mass at the right saline figure.

After the reaction period is past, the sauce is pressed out, filtered and pasteurized.

After this last step, the sauce is pumped into large aging or mellowing vats and there allowed to mature fully. The best soy sauce is that which has been allowed to age.

The end result is a soy sauce that possesses all the superior mellow flavor; the fine, smooth texture; and the distinctive, pleasant aroma or bouquet traditionally found in the Chinese soy sauce compounded in the "old" way, plus a standardization of quality which guarantees that every drop of soy sauce is fully as good as the next one!

HOW TO JUDGE QUALITY SOY SAUCE

True soy sauce, as we have pointed out in the beginning, is really a "built-up" food not a mere mixture of water, salt and a little protein. Connoisseurs—that is, people who know what to look for when they look for the best quality—judge soy sauce by these traditional tests: flavor, fragrance or aroma or bouquet, color, "body".

The following can help you in choosing a soy sauce of fine enough quality to serve to your own family.

Flavor—A typically zestful, delicious flavor that is distinctive.

Fragrance—Pleasant, tangy. Without the least tinge of "fishiness", nor should it be a bland "neutral" without character.

Color—Clear, golden-brown that will not discolor food. The color should not be a muddy, dark-brown.

Body—Full-bodied and with sufficient soluble solids. Should not be thin and watery.



GLOSSARY

Meaning of Cooking Terms

Some of the more popular cookbooks have unwisely left out a list of cooking terms and their meanings—a glossary.

The following glossary, while admittedly limited, is an attempt at meeting the lack in some of the cookbooks you have come across.

The wise reader or user may use the blank lines at the end to complete this glossary by writing down the new terms and their meanings that he or she may wish to include.

Cooking Methods & Processes

To Bake—To cook in an oven. Set oven regulator at required temperature; when the gas flame or electric unit is automatically reduced, the required temperature has been reached. Some ovens do not require pre-heating. An oven thermometer may be set on the grate with the food to be cooked as a check on the accuracy of the regulator or as a guide if the oven has no heat control.

To Blanch—To dip in boiling water, usually for purposes of loosening skins.

To Boil—To cook in boiling water (212° F). ~~Slowly boiling water~~ is as effective as rapidly boiling water and is more economical, since much heat is lost through escape of watery vapor and steam as in the case when water boils rapidly.

To Braise—To cook, tightly covered, in a small quantity of liquid at a low temperature, either in the oven or over direct heat. Sear meat before braising, to prevent escape of much juice in the gravy and to give a rich color and flavor to both meat and gravy.

To Broil or to Grill—To cook over a clear fire or in a broiling oven. Place food on a greased broiling rack or in a greased broiler. Use a broad spatula for turning to avoid loss of juices through piercing with a fork.

To Pan Broil—To cook in a pan on top of the stove by dry heat with only enough fat to keep food from sticking. Heat pan, grease lightly, if at all, and put in food. Cook, turning occasionally, until done.

To Blend—To mix two or more ingredients so that each loses its identity.

To Brew—To steep or let stand in hot water, to extract the essence or flavor, as in tea.

To Candy—To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

To Caramelize—To heat dry sugar or foods containing sugar until light brown and of caramel flavor.

To Chop—To cut into pieces.

To Cream—To work foods until soft and fluffy. Usually applies to shortening and sugar.

To Devil—To make food hot or spicy by adding condiments.

To Dice—To cut into small cubes.

To Dredge—To coat with flour.

To Fold In—To mix food, without releasing air bubbles, by lifting a part of the liquid from the very bottom of the bowl through the rest of the mixture to the top till the foods are blended.

To Garnish—To ornament with something bright and savory. Something added for decoration.

To Glace—To coat with a thin sugar syrup that has been cooked to crack stage.

To Grate—To reduce to small particles by rubbing over rough or serrated edge or surface.

To Knead—To manipulate with a pressing motion plus folding and stretching. Usually applied to bread dough.

To Lard—To place strips of fat into or on top of lean meat or fish.

To Leaven—To cause baked foods to rise by adding a leavening agent.

To Marinate—To treat with a marinade.

To Mask—To cover completely with a thick sauce, jelly or mayonnaise.

To Fricassee—To fry in a small amount of fat and serve with sauce. Fricassee tender meat without previous cooking. Cook less tender meat in hot water at low temperature for a long time before fricasseeing.

To Fry (or pan fry)—To cook in fat not deep enough to cover food. As much as 1 inch of fat is used for such dishes as Southern Fried Chicken.

To Fry in Deep Fat or French Fry—To cook in hot fat deep enough to cover completely the food to be fried.

Parboil—To cook food partially, either in boiling water or in its own juice (as oysters, clams, scallops).



To **Reduce**—To evaporate some of the liquid (in stock or sauce) by boiling.

To **Roast**—Originally meant cooking on a revolving spit before an open fire, but it has come to mean cooking by baking in an oven (especially meat).

To **Baste**—To spoon over food being cooked, small quantities of the juices (or other liquid) in pan to prevent burning and to add flavor.

To **Saute**—To cook in a small quantity of fat in a pan over direct heat. To prevent too great absorption of fat, keep food moving. French cooks shake the pan constantly—*sauter* being French for “to jump”.

To **Scald**—To heat just below the boiling point. To scald milk, heat over boiling water, covered, until milk around the edge of pan has beadlike appearance. (Milk scalds at 196° F.)

To **Sear**—To subject the surface to intense heat.

To **Simmer**—To cook below the boiling point on top of the stove. (Water simmers at 185° F.)

To **Steam**—To cook in steam or over boiling water in a double boiler.

To **Stew**—(See **To Braise**.)

To **Melt**—To liquefy by heat.

To **Mince**—To chop very fine.

To **Mold**—To shape food, usually by pouring the liquefied food into a mold. When the liquid is cooled, it will retain the shape of the mold.

To **Parch**—To brown by means of dry heat. (Applied to grains.)

To **Pare**—To cut off outside covering. (Applied to potatoes, apples, etc.)

To **Peel**—To strip off outer covering. (Applied to oranges, grapefruit, etc.)

To **Poach**—To cook slowly in hot liquid to cover.

To **Render**—To free fat from connective tissue by heating until fat melts and can be drained off.

To **Score**—To cut lightly so as to mark with lines.

To Shirr—To break eggs into a dish with cream or crumbs and bake in an oven.

To Skewer—To pierce or fasten with skewers—as a piece of meat.

Definitions

Appetizer—Food or beverage served before or as the first course of a meal.

Artichoke—A vegetable. The Jerusalem artichoke looks like a potato. The globe artichoke is cylindrical in shape, with a tapering "heart" covered with fibrous green leaves.

Aspic—A transparent jelly, usually made of meat stock, which has been boiled down sufficiently to become firm when cold.

Batter—A mixture of liquid, flour, etc., that can be beaten or stirred.

Bisque—A rich thick cream soup usually made from fish. Also a rich frozen dessert, usually containing powdered nuts or macaroons.

Bonbon—A sweet made of or dipped in fondant.

Bouillabaise—A chowder made of several varieties of fish and white wine.

Bouillon—Clear, delicately seasoned soup usually made from lean beef stock.

Butter—Fat from soup or ripened cream gathered in a mass, sometimes salted and colored. (Contains by weight no less than 80% milk fat.)

Caffeine—An alkaloidal substance found in the Coffee bean, coffee leaf, tea leaf, yerba mate, cacao bean, etc.

Canape—An appetizer made of a small piece of bread spread with a highly seasoned food.

Caviar—Salted fish eggs.

Capon—A castrated male chicken. Grows large and has tender meat.

Chicory—The root of a plant that is cut into slices, dried and roasted as coffee.

Chowder—A dish made of fresh fish, or clams, pork, crackers, onions, etc., stewed together.



Cider—The juice pressed from apples for beverage or vinegar.

Condiments—Food seasonings such as salt, vinegar, herbs and spices.

Consomme—A highly seasoned clear soup made from one or a combination of meats.

Cracklings—Crisp particles left after fat has been fried out.

Cream Sauce—A white sauce made with cream.

Croquettes—A mixture of chopped or ground cooked food held together by eggs or a thick sauce, shaped, dipped in egg and crumbs, then fried.

Croutons—Cubes of ~~toasted~~ or fried bread served with soup.

Custard—A cooked or baked mixture mainly of eggs and milk. It may be sweetened as for a dessert, or flavored with cheese, fish, etc., as an entree.

Dough—A mixture of liquid, flour, etc., that is stiff enough to be handled or kneaded.

Drippings—Fat and liquid resulting from cooking meat.

Entree—The main dish of an informal meal, or a subordinate dish served between main courses.

Fondant—A sugar and water mixture cooked to the soft-ball stage, cooled and kneaded.

Frappe—Sweetened fruit juice frozen until of mushy consistency.

Fritters—Fruit, meat, vegetables, or fish covered with batter or chopped and mixed with batter.

Frosting—A cooked or uncooked sugar mixture used to cover and decorate cakes, cookies and other foods.

Gelatin—A purified protein found in connective tissues and bones of animals.

Giblets—The heart, liver, and gizzard of poultry.

Goulash—A thick meat stew originating in Hungary.

Hollandaise—A rich sauce made of eggs and butter, served hot with vegetables and fish.

(Continued on Page 14)

SILVER S



SILVER

Illustrated are various bottles and jugs of a
manufactured by Philippine General Merchand
Silver Swan, sold at all better stores throu

N Family



UCE

sauce—the **SILVER SWAN**. Silver Swan is
 their plant at Grace Park, Caloocan, Rizal.
 is distributed by Connell Bros. Company.

(Continued from page 11)

Infusion—Liquid extracted from coffee, tea, or herbs.

Juliennes—Food cut into match-like strips.

Lard—Fat rendered from the fatty tissues of a hog.

Macedoine—A mixture of vegetables or fruits.

Marinade—An oil and acid mixture as French dressing in which food is allowed to stand to give flavor to meats and salads.

Marzipan—A paste of sweet almonds and sugar.

Meringue—A mixture of stiffly beaten egg whites, flavoring and sugar.

Minestrone—A thick Italian vegetable soup.

Mocha—A flavoring made with coffee infusion or of coffee infusion and chocolate.

Mousse—A mixture of whipped cream, sugar and flavoring, frozen, without stirring; or flavored thin cream and gelatin combined with meat, fruits or vegetables.

Parfait—A frozen dessert made of a foundation of beaten egg white or yolk cooked with hot syrup, sometimes with whipped cream added. (Also applied to ice cream and syrup served in parfait glasses.)

Puree—A smooth, thick liquid made by pressing cooked fruit or vegetables through a sieve.

Ragout—A thick highly seasoned stew.

Relish—A highly seasoned food used as an accompaniment.

Roe—Eggs of fish.

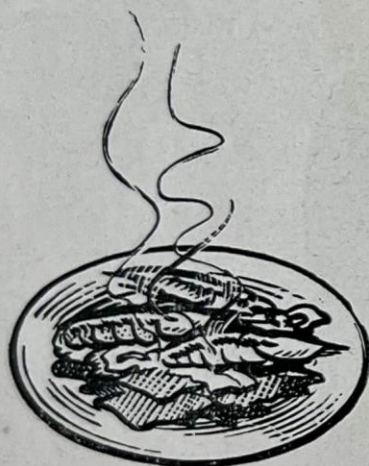
Sherbet—Frozen mixture of fruit juice, sugar, egg whites and milk or water.

Stock—A rich extract of soluble parts of meat, fish, poultry, etc. A basis for soups or gravies.

Suet—Clear, white fat of beef and mutton, usually from around the heart or kidney.

Spices and Herbs

Allspice—The dried berry of pimienta tree of the West Indies. The name is due to the flavor which resembles a combination of cloves, cinnamon and nutmeg.



Anise—The fruit of a small annual plant which dries as a seed.

Balm—A perennial garden herb with a sharp lemon scent. Used fresh or dried in soups and salads.

Basil—An annual plant cultivated in Western Europe. Leaves are dried, ground, and powdered. Used to flavor soups, sauces, sausages and stews. Combines well with tomatoes.

Bay Leaf—Aromatic leaf of the sweet-bay or laurel tree. Dried whole and used to flavor soups, meats and pickles.

Capers—The flower buds of *Capparis spinosa* grown in Mediterranean countries. Pickled and used as a condiment.

Caraway—A biennial herb with an aromatic fruit usually known as caraway seeds. Used in breads, cookies, cakes, candies, etc.

Cardamon—An aromatic fruit of a number of zinziberaceous plants grown in Ceylon and India. Fruit is in shape of a pod with seeds inside. Used as condiment.

Cayenne Pepper—Powdered pod and seeds of various capsicums yielding a hot, savory flavor used in meat dishes and gravies, sometimes called red pepper.

Celery Seed—Seed of a small plant similar in appearance and taste to celery. Used whole or ground to flavor soups, stews, pickles and salads.

Chervil—An aplaceous plant with aromatic leaves used to flavor soups and salads.

Chili—A hot pepper.

Chives—Similar to green onions but smaller and milder.

Chutney—A spicy pickle of compound fruit and seasonings.

Cinnamon—True cinnamon is the inner bark of *Cinnamon zeylancium* which grows only in Ceylon.

Cloves—The flower buds of a tree which is grown in the Netherlands East Indies, Zanzibar and Madagascar.

Coriander—All herb with aromatic seeds. Used for confections, cookies, pickles and meat products.

Cuminseed—Dried fruit of *Cuminum cyninum*. Has a slightly bitter flavor. Used for flavoring meat, sausages, pickles, etc.

Curry Powder—A yellow condiment from India containing various spices.

Dill—An annual herb grown for its aromatic seed. Used in pickles and sauces.

Fennel—An herb, seeds of which are ground and used to flavor fish sauces and apple pie. It has a fragrance and taste suggestive of anise.

Garlic—A strongly flavored plant of the lily family, cloves of which are used to flavor meats, salads, etc.

Ginger—The root of an herbaceous perennial grown in semi-tropical countries.

Leeks—Strong flavored plant similar to onion.

Mace—Network around the nutmeg kernel. Vivid red when fresh and dries to a light orange. Used to flavor, sauces, gravies, cakes and pies.

Marjoram—A fragrant annual of the mint family. Leaves are dried and used whole or powdered to flavor soups, salads, meat and stuffings.

Mincemeat Spice—A mixture of spices as clove, allspice, cinnamon, etc.

Mint—A fragrant plant, leaves of which are used to flavor certain soups, vegetables, fruits, and beverages.

Mustard—A plant, the seeds of which are used either whole or ground.

Nutmeg—The kernel of a fruit that resembles an apricot in shape and size. Sold whole or ground. It has four parts; the outer husk, the mace, the inner shell, and the seed or nutmeg.

Onion—A strongly flavored plant of the lily family.

Paprika—A sweet red pepper which is dried and ground after seeds and stem are removed. Good with shellfish, fish and salad dressing.



Parsley—A biennial herb used to flavor meats, vegetables and salads.

Pepper—Made from pepper corns which are the dried berries of a vine.

Black Pepper—made from the whole berry.

White Pepper—made from what is left of the fully ripened berry after the outer coat has been removed.

Pimiento—The fleshy fruit of the Spanish paprika.

Poppy Seed—Seed of one variety of the poppy plant. Used for bread, rolls, cakes, and cookies.

Poultry Seasoning—Mixture of spices such as sage, thyme, marjoram, etc.

Rosemary—An evergreen plant, the leaves and flowers of which are used to flavor and garnish fish, stews, and sauces.

Saffron—The stigma of a flower similar to a crocus, dried and used to flavor meats and breads.

Sage—A perennial mint, the leaves of which are dried and used in stuffings and meats.

Savory—An annual mint. Used fresh or dried in sauces, stuffings and meats.

Scallions—Small onions.

Sesame—An herb, the seeds of which are used to flavor rolls and cookies.

Soy Sauce—A sauce made from fermented soybeans.

Tarragon—A perennial herb, the fresh or dried leaves of which are used to flavor salads, pickles and vinegar.

Thyme—An herb, the powdered leaves of which are used to season meat, poultry, and clams.

RECIPE CALENDAR

Here are an even dozen recipes—one for each month of the year. You will doubtless have your own favorite recipes that may not have been included. So, here is your opportunity to jot them down. Blank spaces have been left for that purpose, so that you may include your own recipes and make this book more useful to you.

january

January's recipe
is meant to be—
the proper start
for you and your family!

SHRIMP STEAKS

$\frac{1}{2}$ kilo shrimps (reg. size)
1 onion
1 calamansi
1 cup of Silver Swan Soy Sauce

Peel the shrimps and cut lengthwise down the back. Soak cut shrimps in Silver Swan Soy Sauce with calamansi juice for 10 mins. Then remove shrimps from sauce and fry in lard till brown. Sauté the onion and pour the Silver Swan Soy Sauce into the pan; boil. Serve hot.

february

The recipe for February....
as you well can see...
is easy to do, and economical too.
Yet you'll agree... it's tasty as can be!

SHRIMP SUPREME

$\frac{1}{2}$ kilo shrimps	1 big onion
1 cup thick coconut milk	3 tbsps. shortening
few sprigs parsley	$\frac{1}{2}$ cup shrimp juice
5 tbsps. Silver Swan Soy Sauce	

Wash, shell shrimps. Soak in Silver Swan Soy Sauce for 30 minutes. Pound shrimp heads and get $\frac{1}{2}$ cup shrimp juice. Set aside. Slice, chop onion. Heat shortening in calajay; sauté onion and shrimps. When half-cooked, pour in shrimp juice. Stir. Simmer until juice thickens and then pour in coconut milk. Let boil a few minutes, stirring continuously. Remove from fire, arrange in platter. Garnish with parsley and serve hot.

march

In like a lion;
out with a lurch...
your family'll enjoy
this recipe for March!

PESCADO CON SARSA

1 big lapu-lapu	3 tbsps. sugar
1 cup Silver Swan Soy Sauce	3 fresh red tomatoes
5 calamansi	1 big onion
2 tbsps. vinegar	2 red peppers

Clean the fish and drain. Soak for a few minutes in Silver Swan Soy Sauce and calamansi juice. Fry the fish golden brown and crisp. Slice the onions and tomatoes in regular square cuts. Sauté this in little lard. Add the mixture of sugar, vinegar, little flour, and Silver Swan Soy Sauce. Put the fried fish on a platter, pour the sarsa on top, and garnish with parsley or lettuce.

april

Warm is April,
the heat's almost cruel!
Food must be tasty and light,
so all will be cool!

PESANG DALAG

- | | |
|--------------------------------|---------------------------------|
| 1 fair-size dalag | 1/2 teaspoon fine ginger strips |
| a clove of crushed garlic | 4 stems green onions |
| 5 tbsps. Silver Swan Soy Sauce | 10 pechay leaves |
| 1/4 kilo cabbage | 2 potatoes cut in quarters |
| 3 cups rice water | a few whole black pepper |

Scale a fair-size dalag, then rub with salt all over to clean well. Wash and cut into serving pieces. Soak in Silver Swan Soy Sauce. Sauté in hot lard a clove of crushed garlic until golden brown. Lower the heat and add the dalag. When half cooked, add 1/2 tsp. fine ginger strips, 3 cups of rice water, 4 tbsps. Silver Swan Soy Sauce, and bring to a quick boil. Add 1/4 kilo cabbage cut in pieces; 4 stems green onions, 10 pechay leaves, 2 potatoes cut in quarters and a few whole black pepper. Simmer until potatoes are cooked. Serve with sautéed Silver Swan Soy Sauce.

may

Flowers may bloom in May,
so on the cook, pin a nosegay!
For food that's tasty, tangy;
pay homage now, without delay!

LENGUA CON VINO BLANCO

- | | |
|--------------------------------|----------------------|
| 1 Ox tongue | 1 cup mushrooms |
| 4 tbsps. Silver Swan Soy Sauce | 1 can tomato sauce |
| 1 fresh tomato | 1 tbsps. vino blanco |
| 2 tbsps. butter | 1 onion |
| 2 tbsps. cornstarch | pcs. of laurel |

Clean and stew the tongue with finely sliced onion, fresh tomato, Silver Swan Soy Sauce, laurel, and vino blanco until tender. When tender, slice the tongue and prepare a sauce out of the remaining broth. Melt 2 tbsps. butter and add tomato sauce, mushrooms, and broth. Season with little salt and pepper. Add cornstarch for thickening. Serve with mashed potatoes.

june

School starts in June,
children in a legion, immune
to ordinary cooking way
of food of any region! Try 'em on...

CHICKEN CHOPSUEY

- | | |
|---------------------------------|--------------------------------|
| 3 cups diced cabbage | 2 cloves of garlic |
| 1 can apulid | pepper, flour |
| 1 patola, sliced | 1 cup liver, sliced thin |
| 3 cups blanched shrimps, sliced | 1/2 cup diced ham |
| lengthwise | 1 cup chicken broth |
| 1/2 cup boiled meat | 3 hardboiled eggs |
| 1/2 cup diced chicken meat | 3 tbsps. Silver Swan Soy Sauce |
| 1/3 cup kinchay | 2 tbsps. sugar |

Melt lard in pan. Fry ham brown. Put in chicken meat, pork, shrimps. Add 3 tbsps. Silver Swan Soy Sauce when half-cooked. Let cooking continue for 15 minutes; then add apulid, cabbage, kinchay, patola and sliced onion. Add chicken broth and bring to boil for 10 minutes. Serve piping hot.

j u l y

July is no month to sigh.
This recipe now do try,
For all will love the food
And clean their patters dry!

HUMBA

- | | |
|----------------------------------|------------------------------------|
| 1 pig's foot (big) | 1 bay leaf |
| 1 kilo pig's rib w/meat (liempo) | 6 tbsps. Silver Swan Soy Sauce |
| 1 bunch banana saba | 1 cup vinegar |
| 3 segments crushed garlic | $\frac{1}{2}$ tbsp. pepper (whole) |
| sugar cane 1 foot long | 3 tbsps. sugar |
| 1 piece canela | oregano |

Cut the pig's foot (pata) into desired lengths. Wash sugar cane, cut into three pieces and each piece into halves (lengthwise). Arrange in the pot or casserole, then put in the pig's ribs, or liempo, pig's foot, and bananas. Get a bowl and put in all spices and condiments. In the same bowl put a cup of water, then vinegar, Silver Swan Soy Sauce, and sugar. Stir until the sugar is dissolved. When the mixture is ready, pour it into the pot. Cover the mouth of the pot with banana leaves before putting the proper cover in order to prevent the escape of steam. Cook until tender. In serving arrange nicely on a platter without the sugar cane.

a u g u s t

In August the winds doth blow
And blow, verily, enow!
For food that's filling and tasty too,
Try this recipe below!

CRAB MEAT AND CAULIFLOWER

- | | |
|--------------------------------------|--------------------------|
| 1 big cauliflower, boiled and sliced | 1 bunch leeks |
| $\frac{1}{2}$ cup mushrooms | 2 slices ginger |
| 3 tbsps. Silver Swan Soy Sauce | 1 bunch Chinese celery |
| 1 cup stock or water | meat of 5 crabs |
| $\frac{1}{2}$ cup sliced ham | 1 onion sliced |
| 2 tbsps. cornstarch | salt and pepper to taste |

Boil crabs, get all meat possible. Sauté onion and ginger. When ginger is half-brown, add leeks, mushrooms, celery, ham, cauliflower, and crab meat. Mix well, add the water or stock. Season with 2 tbsps. Silver Swan Soy Sauce and pepper. Boil for about 4 minutes; add cornstarch and remaining Silver Swan Soy Sauce to thicken broth. Cook 5 minutes. Serve hot.

s e p t e m b e r

Expert cooking must be ever thus...
From food, bring out flavor, savor;
Then will praises be truly lush!

CHA TUA HE (FRIED SHRIMP)

- | | |
|----------------------------------|----------------------|
| $\frac{1}{2}$ kilo shrimp, large | 1 tbsp. vinegar |
| 10 tbsps. Silver Swan Soy Sauce | lard for deep frying |

Clean shrimp, cutting off heads and tails, and soak in mixture of Silver Swan Soy Sauce and vinegar for about one hour. Heat lard for deep frying. Dip shrimp in cornstarch and fry one by one until shrimp becomes red. Remove and drain off lard.

Prepare the following for table sauce:
5 tbsps. Silver Swan Soy Sauce 2 onions, regular size
1 tbsp. vinegar

Slice onion fine and cook the above ingredients to a boil. Serve with shrimp.

o c t o b e r

Mid-semester's October has vacation
For student throughout the Nation!
Now's time to try a new recipe...
Some recipe like this, for delectation!

SWEET-SOUR PORK

300 grams lean pork	1 tsp. vinegar
2 tbsps. Silver Swan Soy Sauce	2 tbsps. cornstarch

Mix cornstarch, Silver Swan Soy Sauce and vinegar into smooth paste. Dip pork, cut into small pieces, into the mixture.

Heat lard for deep frying, put pork piece by piece into pan of lard until each piece is brown; remove. Remove excess lard until about 2 tbsps. remain in pan. Fry the following: 2 medium tomatoes, sliced; 1 onion, chopped, then add the following mixture: 1 tbsp. cornstarch, 2 tbsps. vinegar, 2 tbsps. Silver Swan Soy Sauce, 1 tbsp. brown sugar, 8 tbsps. Stir these ingredients until boiled, add fried pork, stir thoroughly and remove, ready for serving.

n o v e m b e r

O give thanks in November
For blessings without number!
'N thank the cook forever,
Who doth this recipe remember!

POLLO ASADO

1 young chicken	1 bay leaf
3 big lemons	2 pinches pepper
3 tbsps. Silver Swan Soy Sauce	1 spoonful flour
1 tbsp. Silver Swan Worcestershire Sauce.	3 potatoes
	1 spoonful lard

After dressing the chicken, cut into regular sizes and cook with lard. When brown, drop lemon juice, and sprinkle with Silver Swan Worcestershire Sauce, bay leaf, two pinches pepper. Put one cup water, cover, and simmer. See that taste is just right, and if not, add more salt. When broth is reduced, toast one spoonful flour in butter. When flour is brown, put chicken and fry together. Cook until surface of pieces of chicken is red. Remove from lard. Pour broth and stir. When about to serve, put the chicken and broth together again, and add potatoes fried and cut into cubes.

d e c e m b e r

Happy are days in December;
Nights, family-love flame from ember!
Wife, Mother, Cook or Daughter
O'er this recipe'll be fatter'd.

SOATANGHON WITH SHRIMPS AND PORK

1/4 kilo soatanghon	1/4 c. shelled shrimps
1/4 c. diced pork	1 diced tokua
3/4 c. shrimp juice	1 clove crushed garlic
1 small onion	3 tbsps. Silver Swan Soy Sauce
lard	

Wash the soatanghon and drain. Set aside. Sauté garlic and minced onion. Add the shrimps, tokua, and pork. When cooked, add shrimp juice. When this boils, add the soatanghon and 3 tbsps. Silver Swan Soy Sauce. Let simmer and season with black pepper. Garnish with a sprinkling of finely chopped onion leaves on top. Serve hot.

PRODUCT ANALYSIS BY

NOTE: Interpretation of the report by the Public Health Research Laboratories of the Department of Health: When soy sauce is found to be with "No adulteration or misbranding", it means that the product contains not less than 36% total solids and not less than 4.5% protein.

not

Laboratory No. F52-1035

PUBLIC HEALTH RESEARCH LABORATORIES
DEPARTMENT OF HEALTH
MANILA

REPORT ON ANALYSIS

April 16, 1952, 19
(Date)

Samples of 1 lb. Soy Sauce & Silver Green

Submitted by BUREAU OF HEALTH

Report: No adulteration or misbranding found.

[Signature]
Analyst

[Signature]

Noted _____

7-1035

Laboratory No.

PUBLIC HEALTH RESEARCH LABORATORIES

DEPARTMENT OF HEALTH
MANILA

IN NO. 127

REQUEST FOR ANALYSIS

Mindin, March 26, 1932, 19__
(Date)

Article or Specimen 1-lot. SUGAR, Silver Spoon Brand,
200 c.c.

Under the Pure Food law, rules and regulations
Examination desired _____
(State briefly: qualitative, quantitative, complete, special, etc.)

REMARKS PRIVATE SAMPLE of Silver Spoon Manufacturing
Company, Manila.

Submitted by _____

Address _____

Ch.
CLEMENTE E. CARALTAN
Chief, Division of Sanitation
Chairman, Board of Food Inspection

Charge \$20.00

DEPARTMENT OF HEALTH

The following are the impartial findings of the Public Health Research Laboratories as summarized in the photostat copies below.

Laboratory No. F 52-1034

PUBLIC HEALTH RESEARCH LABORATORIES
DEPARTMENT OF HEALTH
MANILA

REPORT ON ANALYSIS

April 15, 1952, 19____
(Date)

Sample of 1 bottle Soy Sauce Silver Swan Brand.

Submitted by BUREAU OF HEALTH

Report:

Calcium as Ca	65.2 mg. %
Phosphorous as P ₂ O ₅	38.6 mg. %
Iron as Fe	2.26 mg. %
Vitamin	negative
Riboflavin	negative
Food value	55 Calories per 100 gms.

H. T. LORDES
Analyst

Noted _____

Laboratory No. F 52-1034

PUBLIC HEALTH RESEARCH LABORATORIES
DEPARTMENT OF HEALTH
MANILA

REQUEST FOR ANALYSIS DE No. 128

Article or Specimen 1 bottle, 277 SAUCE, Silver Swan Brand,
(Date) March 26, 1952, 19____

Examination desired 200 c.c.
CALCIUM, PHOSPHORUS, IRON, VITAMIN,
RIBOFLAVIN, and CALORIES
(State explicitly: qualitative, quantitative, complete, special, etc.)

REMARKS FOOD SAMPLE of Silver Swan Manufacturing
Company, Manila.

Submitted by _____

Address _____

Charge P75.00

C. G. MANTAN
Chief, Division of Sanitation
Chairman, Board of Food Inspection

***Soy Sauce According To
Pure Food Law***

“ ‘Toyo’ sauce is the clear liquid resulting from the spontaneous fermentation of boiled and well-drained soybeans in salt brine... It must contain not less than 36% total solids and not less than 4.5% protein...”

Pure Food Law of the Philippines